



**DEPARTMENT OF THE ARMY**  
HEADQUARTERS, EIGHTH UNITED STATES ARMY  
UNIT #15236  
APO AP 96205-5236

EASF

15 AUG 2005

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Prevention of Heat Injury

1. We continue to learn the same lesson about heat injuries. Recently five Soldiers experienced heat injuries ranging from heat exhaustion to heat stroke. During this period of high temperatures and high humidity, with more to come, it is very important that leaders and Soldiers know the dangers of heat. It is the responsibility of the Soldier and the leader to know how to prevent heat injuries. Leaders must ensure Soldiers become acclimatized to the increased heat and humidity common in August. Chain of command awareness and vigilance is the key to heat injury prevention.

2. Our Soldiers can train safely in hot-weather conditions if they know and observe precautions. As we increase the tempo of our operational training and prepare for Ulchi Focus Lens, it is imperative that measures to reduce or eliminate heat injuries, ensuring that our Soldiers and civilian workforce are safe, must be adopted without compromise. I expect commanders, NCOs, and supervisors at all levels to apply the risk management process to hot weather operations. For example leaders must:

- a. Review the basic guidelines for preventing heat injuries (Encl 1).
- b. Ensure our risk management procedures take into account the techniques to mitigate the effects of hot weather on both our training and leisure activities.
- c. Inform our Soldiers and civilians how to protect against heat injuries, recognize heat injury symptoms, and provide first aid to heat victims.
- d. Understand the cumulative effects of heat exposure while conducting on and off duty activities.

3. Although acclimatization and water consumption strengthen heat resistance, our best protection against the effects of heat during training is active leader supervision and proper risk assessment. Everyone must know the early symptoms of heat injuries and be prepared to respond accordingly. At enclosure 2 are some tips for preventing heat injuries.

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4. Protecting the force is a leadership responsibility. I need your personal attention in preventing heat injuries. Commanders make the difference in safety – never doubt it. Guidance on summer safety, USFK Pam 385-3, A Systems Approach to Seasonal Safety, is available at the Eighth Army Safety website at <http://8thArmy.korea.army.mil/Safety>.

5. Pacific Victors!

2 Encls  
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A handwritten signature in black ink, appearing to read 'Charles C. Campbell', with a long, sweeping horizontal line extending to the right.

CHARLES C. CAMPBELL  
Lieutenant General, USA  
Commanding

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## Guidelines for Outdoor Activities Based On Wet Bulb Globe Temperature (WBGT) Readings

1. WBGT 78.0 - 81.9
  - Discretion should be used in planning heavy exercise for non-acclimatized personnel. Water intake discipline needs to be initiated.
  - Enforce use of sunscreen.
2. WBGT 82.0 - 84.9
  - Discretion should be used in planning heavy exercise for non-acclimatized personnel.
  - Encourage water consumption.
  - Enforce use of sunscreen.
  - Position personnel in shade where feasible.
3. WBGT 85.0 - 87.9
  - Strenuous activities will be suspended for non-acclimatized personnel.
  - Training activities may be continued on a reduced scale, but exposure to direct sun rays should be avoided.
  - Encourage water consumption.
  - Enforce use of sunscreen.
  - Position personnel in shade where feasible.
4. WBGT 88.0 - 89.9
  - Curtail strenuous exercise for all personnel with less than 12 weeks hot weather training.
  - Limited activities may be continued.
  - Enforce water consumption.
  - Position personnel in shade where feasible.
5. WBGT 90.0 +
  - Physical training and strenuous exercise is suspended.
  - Essential operational commitments are excluded from suspension.
  - Enforce water intake to minimize expected heat injuries.
  - Enforce use of sunscreen.
  - Position personnel in shade where feasible.

**Humidity levels over 75% contribute to an  
increased risk of heat injury.**

WBGT guidelines do not accurately forecast heat  
illness rates under conditions of high humidity

## Ten Commandments of Preventing Heat Injury

1. Provide adequate water and ensure water breaks are taken every 15 to 20 minutes. Do not exceed 1 1/2 quarts per hour. Thirst is not an adequate indicator of dehydration. Alcohol, coffee, soft drinks, and sports drinks are not good substitutes for water. Do not use salt tablets!
2. Ensure soldiers gradually adjust to working in the heat. Acclimatization is essential in preventing heat injuries.
3. Schedule work/rest periods. Schedule heavy work for the cooler part of the day (morning or late afternoon). The body generates more heat when heavy work is being performed. Consider scheduling periodic high-intensity training activities (such as the Expert Infantryman Badge (EIB) and Expert Field Medical Badge (EFMB) tests) during the early spring or late fall months to take advantage of the cooler weather.
4. Avoid overexertion. Use mechanical aids whenever possible. Assign tasks between several soldiers to reduce the stress on individuals.
5. Use shaded areas: trees, buildings, tents to reduce radiant heating. The temperature in the sun and under the canopy of a tree can vary from 8° to 20°F.
6. Encourage use of sun screens to protect exposed skin.
7. Wear loose-fitting, light-weight, light-colored clothing. Do not layer clothing; more clothing increases the risk of heat injury. Consider the increased risk for heat injuries when utilizing protective equipment- such as MOPP gear-when planning and scheduling activities.
8. Monitor Wet Bulb Globe Temperature (WBGT) so the heat-stress index can be evaluated. Environmental conditions, such as temperatures above 70°F (80°F at night), direct sunlight, humidity, and exposure to any toxic agents add to heat stress. The wind reduces the risk of heat stress by increasing the evaporation of sweat. Ensure everyone knows where to obtain WBGT readings.
9. Train soldiers to recognize and treat heat injuries and encourage them to monitor each other for signs of heat stress.
10. Conduct safety meetings to emphasize special heat spell procedures. Be prepared to provide medical assistance.

If you have any questions or need additional information, use the 11th Commandment below:

11. Contact your local/Area Preventive Medicine Service.